



IA AYURVEDIC MEDICAL COLLEGE

UNIVERSITY OF SCIENCE & TECHNOLOGY MEGHALAYA

No. USTM/IAMC/Notice/2025/471

Date:12.06.2025

NOTICE

It is hereby notified for information to all the faculties, students, doctors and staffs of IAMC and UHAN to attend the one week Pre Yoga Day celebration w.e.f **14.06.2025** to **20.06.2025** on the theme **“Yoga for One Earth, One Health”** as per the scheduled mentioned below.

		Venue	Time
Day-1 14.06.2025 (Saturday)	Yog Nidra / Meditation	Academic Block-A 3 rd Floor, Room No.311	3:00 - 4:00 pm
Day-2 16.06.2025 (Monday)	Yoga Quiz	Academic Block-A 1 st Floor, Room No.109	3:00 - 4:00 pm
Day-3 17.06.2025 (Tuesday)	“Yoga for One Earth, One Health” E-poster presentation on the theme	Academic Block-A 1 st Floor, Room No.109	3:00 - 4:00 pm
Day-4 18.06.2025 (Wednesday)	Yoga Dance/Skit play	Academic Block-A 3 rd Floor, Room No.311	3:00 - 4:00 pm
Day-5 19.06.2025 (Thursday)	Yoga for Mental Health & CYP	3 rd Floor, Academic Block-A (Room No.311)	9:00 - 10:00 am
Day-6 20.06.2025 (Friday)	Yoga Awareness Rally	Herbal Garden, IAMC	9:00 - 10:00 am

Therefore, all are requested to attend the programme positively.

Sd/-

Prof. (Dr.) Rama Kanta Sharma
Principal IAMC, USTM

Copy to:

1. PS to the Hon'ble Chancellor, USTM.
2. PS to the Hon'ble Vice Chancellor, USTM.
3. The Registrar, USTM.
4. The Academic Registrar, USTM.
5. The Deputy Registrar (Admin), USTM.
6. The Director of University Classes, USTM.
7. The Deputy Medical Supdt., UHAN.
8. Office File.

Prof. (Dr.) Rama Kanta Sharma
Principal IAMC, USTM

Principal
IA Ayurvedic Medical College
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